



Virginia Chapter  
c/o Judy Harris  
2402 Nordok Place  
Alexandria, VA 22306

## Advance to the next level at

### AMTA Virginia Chapter 2011 Annual Conference and Chapter Meeting and Elections

**Saturday, April 30, 8am - 6pm  
and Sunday, May 1, 9am - 4pm**

#### **Virginia School of Massage, Charlottesville**

153 Zan Road, Charlottesville, VA 22901

Phone: (434) 293-4031 • Toll-free: (888) 599-2001



**Healing  
Connections**

Available this year: Trainings in

#### **ACE Cupping, Thai Massage and Love Your Gut**

Need your Ethics credits this year? Stimulate your thinking in

#### **Gender Ethics, including Standards V and VI**

*Continuing Education Units are \$10.00 each\**

Extra Stuff:

- **Pre-Lunch Laugh for No Reason at LAUGHTER YOGA**
- **Open Forum at Round Table Discussions to ask questions and get your ideas heard**
- **Complementary buffet lunch during the Chapter Annual Meeting**

at the Holiday Inn (1901 Emmet Street, Charlottesville)

*\*early registration fee until March 15*



2011 Annual Conference  
April 30 & May 1 in Charlottesville

Saturday April 30

### **ACE Massage Cupping Level I Introduction**

3 CE hours

*Presented by Shannon Gilmartin*

A wonderful ancient technique has found its place in the modern world of healing. Massage Cupping® therapy is a modified version of the common practice of cupping therapy, and the incredible results that this simple treatment produces have truly impressed those who have experienced its subtle power. By creating suction and negative pressure, Massage Cupping therapy is used to release rigid soft tissue, drain excess fluids and toxins, loosen adhesions and lift connective tissue, and bring blood flow to stagnant skin and muscles... **and it just feels great!** Massage Cupping is a versatile addition to any spa or private practice and complements many healing modalities, including massage therapy, chiropractic, spa therapies, physical therapy, nursing and estheticians. The method can easily be modified to accomplish a range of techniques, from lymphatic drainage to deep tissue release and trigger points. The equipment is easy to use and the therapy is fun and effective. This introductory workshop will spark your interest to learn this fascinating technique and incorporate it into your existing practice.



SHANNON GILMARTIN, CMT CMCE, has been a nationally certified massage therapist since 2001 and Certified Massage Cupping Educator since 2008. She is also one of the original educators. Following a successful private practice in her native Massachusetts, she relocated to Virginia Beach, Virginia. She incorporates many modalities into her signature interpretations of Massage Cupping therapy.

Class #1 Saturday, April 30

### **Exploring the Fascial Architecture of the Abdomen**

12 CE hours—2-day class

*Presented by Marty Ryan*

This is a prerequisite for Class #2.

*Participants will need loose-fitting clothes—shorts/tights/sweats, T-shirts, sport bra*

Some practitioners avoid the belly because they don't know what it "looks" like. This course teaches your hands to "see" the belly as never before. This class will examine the abdominal viscera layer by layer from skin to spine. This includes the bony framework of the abdomen, the belly wall, and the connective tissue structures that hold, wrap and support organs, blood vessels, lymphatics, and nerves. You will marvel at how the abdominal cavity is put together and how easy it is to touch many of the major abdominal and pelvic structures.

Class #2 Sunday, May 1

### **Applications to Acid Reflux (AM)**

### **Applications to Dysmenorrhea (PM)**

Continued from Day 1

*Presented by Marty Ryan*

**AM class** - Heartburn / acid reflux / GERD are all names for one of the most common digestive system complaints worldwide! Learn the anatomy and physiology of the esophagus and stomach, and how to easily change smooth muscle holding patterns in these tissues. Work in a layer-by-layer approach to mobilize the stomach and duodenum, decrease smooth muscle contracture along the entire GI tract, and optimize function for this important area of the body.

**PM class** - Start working right away with one of the most common challenges in women's health care. Learn manual therapy interventions in a layer-by-layer approach so your clients can enjoy their bellies and their lives! Increase confidence with palpating the uterus, ovaries, and related connective tissue structures.



MARTY RYAN has taught belly massage and palpatory anatomy seminars internationally since 1998. Marty is currently the Director of Love Your Guts Seminars, and has also served on the faculty of the Seattle Massage School and the Northwest Institute of Acupuncture and Oriental Medicine. His massage therapy practice currently

focuses on digestive and reproductive system optimization and post abdominal surgery rehabilitation. Marty has actively pursued his clinical treatment style through his full-time practice over the last 15 years. His classroom teaching style is often regarded as an open and fun learning environment where everyone has the opportunity to participate, learn and be heard.

### **Gender Ethics** Saturday, April 30

3 CE hours

*Presented by Tod Whitehurst*

The root cause of many ethical dilemmas is based upon gender. We will explore the dynamics between men and women in a therapeutic bodywork setting. The differing needs, expectations, dilemmas, roles and boundaries will be examined. We will examine the NCBTMB Code of Ethics to see which relate to gender issues. Learn how our fears, anxieties and past experiences help shape our professional boundaries and cultural expectations.



TOD WHITEHURST is a nationally certified massage therapist and a member of the American Massage Therapy Association. He is former president of the Southwest Virginia Massage Therapist Association. He is a founding member of the Massage Associates of New River Valley. He is a Certified Laughing Yoga Instructor and the

founder of the Laughter Club of New River Valley. Tod is trained in a multitude of modalities, including medical massage, and his sessions consist of a set of combined deep therapies encompassing many different styles including a technique of his own called "Muscle Comforting." Tod is a faculty member of the Blue Ridge School of Massage and Yoga, where he teaches classes in hydrotherapy, workplace massage, sports massage, ethics and hot stone therapy.

Sunday, May 1

### **Introduction to Thai Massage**

6 CE hours

*Presented by David Roylance*

*Bring a notebook and something to write with. Wear loose-fitting yoga or exercise clothing.*

This course introduces you to the philosophy of traditional Thai massage and multiple Thai massage techniques that can be enjoyed with friends, family or significant others for a nice body refresh/recharge. You will learn enough massage techniques to perform a 30-minute massage over the entire

body, and integrate them into your current massage routine. Students will have time to practice what they have learned one-on-one in a supportive environment. This class is excellent for couples, and for those interested in incorporating Thai massage into their current massage routine or exploring the wonderful culture/traditions of Thai healing.



DAVID ROYLANCE NCBTMB

Instructor, Certified Thai Massage Instructor, executive director of Thai Institute of Healing Arts, Official Seat of the Shivagakomarpaj Lineage in the USA ("Old Medicine Hospital") – Chiang Mai, Thailand. David L. Roylance is a dedicated instructor of Thai massage and the Thai healing arts. Living and working with Thais

since 2001, he's had a unique opportunity to understand the Thai culture, traditions, and healing arts through over a decade of constant immersion. He is the executive director of the only comprehensive Thai medical education, research, and treatment center outside of Thailand.

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### **Laughter Yoga** Saturday, April 30

*Presented by Tod Whitehurst*

Laughter Yoga combines unconditional laughter with yogic meditation. Unlike other forms of yoga, there are no poses. Anyone can laugh for no reason, without relying on humor or jokes. Laughter is simulated as a body exercise in a group and soon turns into real and contagious laughter. The concept of Laughter Yoga is based on a scientific fact: that the body cannot differentiate between fake and real laughter.



**Healing  
Connections**



Saturday and Sunday,  
 April 30 and May 1, 2011  
 Charlottesville, Virginia

Register  
 online at  
[www.regonline.com/amtava](http://www.regonline.com/amtava)  
 to pay by credit card  
 or check

**Mail-in Registration Form**

Badge Name \_\_\_\_\_ Daytime Phone: \_\_\_\_\_  
 AMTA member number: \_\_\_\_\_ Join date: \_\_\_\_\_ First name: \_\_\_\_\_ Membership Type: \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email address \_\_\_\_\_ Emergency contact: \_\_\_\_\_ Emergency phone: \_\_\_\_\_  
 School (if applicable): \_\_\_\_\_ School representative signature: \_\_\_\_\_

Plan your weekend and register NOW! **Deadline for early registration is March 15.** Indicate your choices with check marks:

		<b>Early Registration Special!</b>		<b>Regular Registration</b>			
		<b>Member</b>	<b>Non-member</b>	<b>Member</b>	<b>Non-member</b>		
<b>Saturday</b>	7:45-8:45	Registration					
	8:45-11:45	<input type="checkbox"/>	Roundtable discussion*	free	free	free	free
		<input type="checkbox"/>	ACE Cupping (3CEs)	\$30	\$45	\$45	\$60
		<input type="checkbox"/>	Love Your Gut (12 CE) (Sat & Sun.)	\$120	\$150	\$150	\$240
	12:00-12:30	<input type="checkbox"/>	Laughter Yoga	free	free	free	free
	12:45-2:30	<input type="checkbox"/>	Annual Meeting, buffet lunch	free	free	free	free
<b>Sunday</b>	8:30-9:00	Sunday Registration					
	9:00-5:00	<input type="checkbox"/>	Basic Thai Massage (6 CE)	\$60	\$90	\$90	\$120
		<input type="checkbox"/>	Love Your Gut (continued)				

\*If you are not attending morning classes on Saturday, you are invited to participate in Open Forum—Round Table Discussions at the Virginia School of Massage, 9am-noon.

If you wish to attend our meeting/luncheon and are not taking a Saturday class, please reserve with Judy Harris at [chapteradm@amtava.org](mailto:chapteradm@amtava.org) or (703) 966-3639. Annual meeting and buffet at Holiday Inn, 1901 Emmet Street

**\*\*\*The Annual Meeting includes chapter member elections—Your vote counts!\*\*\***

**Hotel accommodations:** Days Inn, 1600 Emmet Street, Charlottesville, VA 22901, (434) 293-9111. Conference rate: \$99.00. Ask for AMTA to get the special rate. Consider room sharing.

**Cancellation policy:** Cancellations received by April 20 in writing to Judy Harris, 2402 Nordok Place, Alexandria, VA 22306, will be refunded in full less a \$25 administrative fee. Cancellations received after this date will be given credit for

future Virginia Chapter classes. Email cancellations will NOT be accepted.

**Questions?** Please contact Judy Harris at 703-966-3639 or [chapteradm@amtava.org](mailto:chapteradm@amtava.org).

**Not joining us this year?  
 Please pledge \$20 to Massage Therapy Foundation  
 20 to 20 Campaign!**